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PLAN YOUR TRIP

YOUR PLANNING TOOL KIT
Photos, itineraries, lists and suggestions to help you put together your perfect trip

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UNDERSTAND HAWAII

GET MORE FROM YOUR TRIP
Learn about the big picture, so you can make sense of what you see

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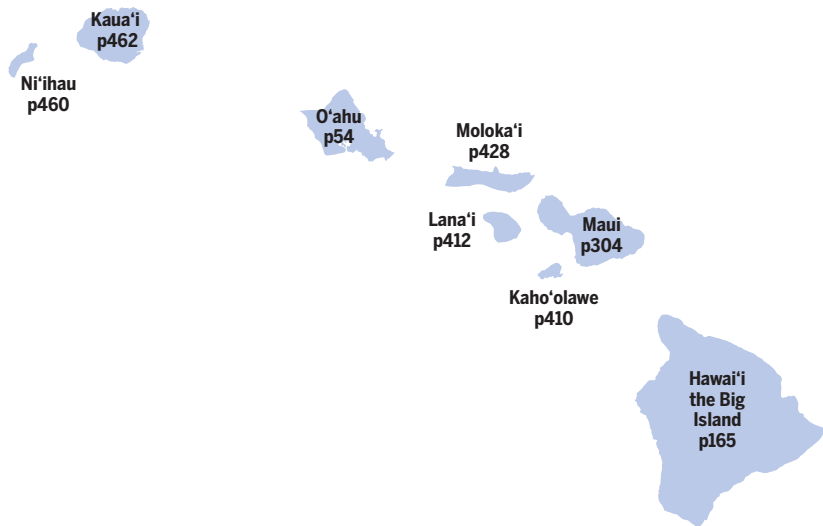
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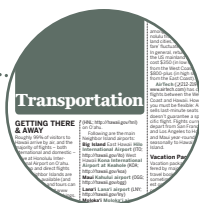
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THIS EDITION WRITTEN AND RESEARCHED BY

Sara Benson,

Amy C Balfour, Glenda Bendure, E Clark Carroll, Ned Friary, Conner Gorry,
Ryan Ver Berkmoes, Luci Yamamoto



Look out for these icons:



Our author's recommendation



A green or sustainable option



No payment required

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Hawaii

Midway
Islands

Pearl and
Hermes
Atoll

Lisianski
Island

Laysan
Island

Papahānaumokuākea
Marine National Monument

Gardner
Pinnacles

Tern Island

French
Frigate
Shoals

Necker
Island

Nihoa
Island

Ni'i'hau

Main Hawaiian Islands

Kaua'i

O'ahu

Moloka'i

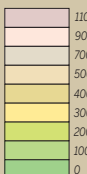
Lana'i

Maui

Kaho'olawe

Hawai'i
(the Big
Island)

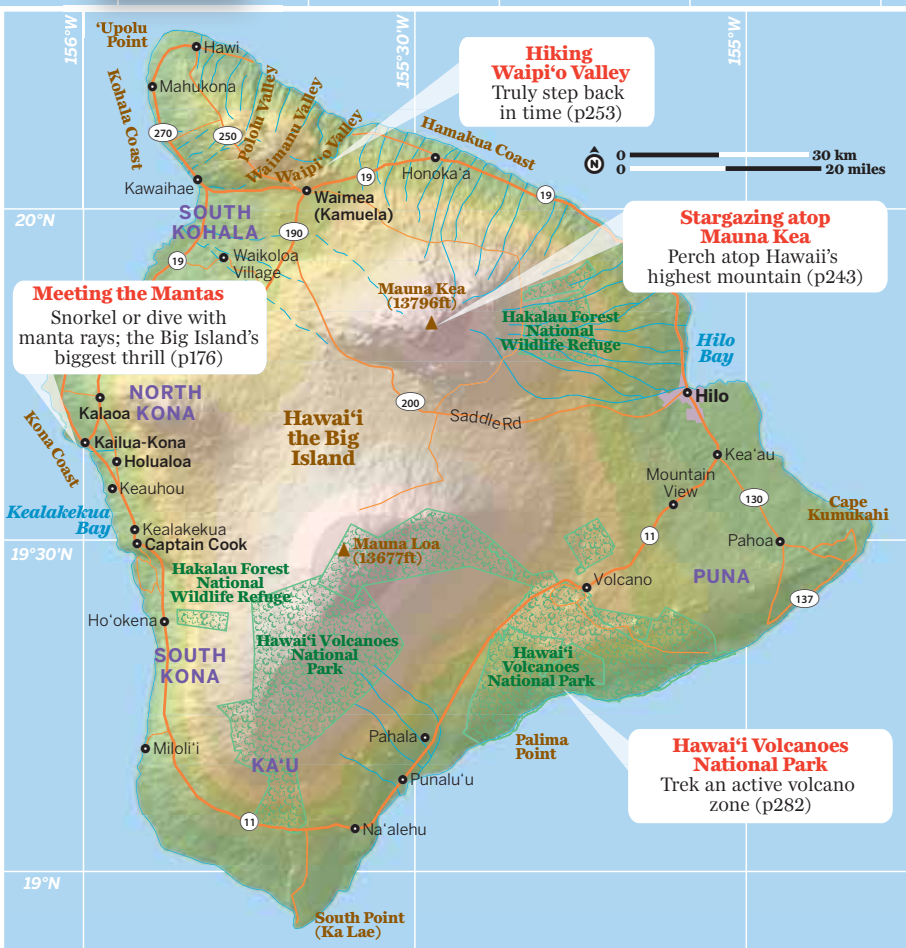
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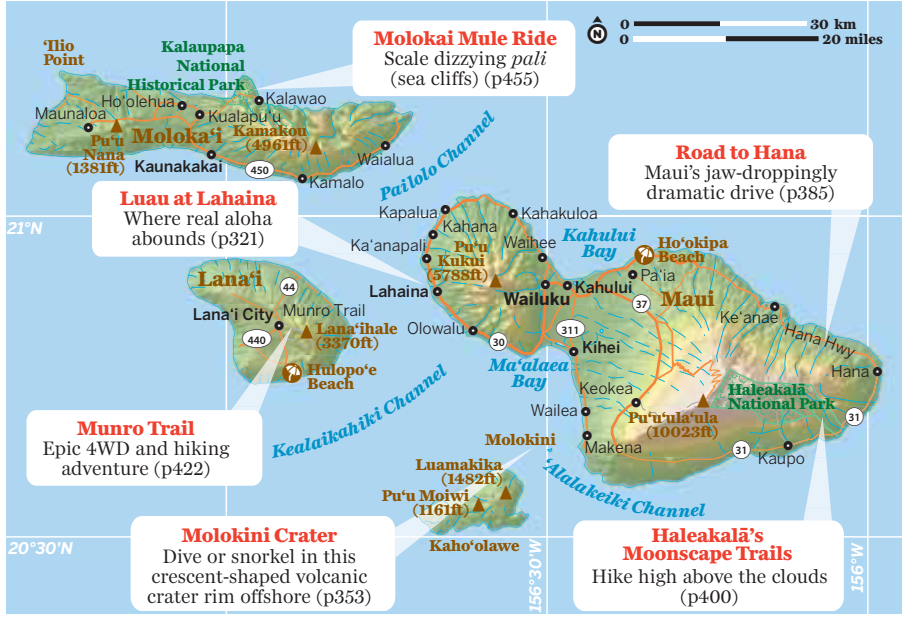
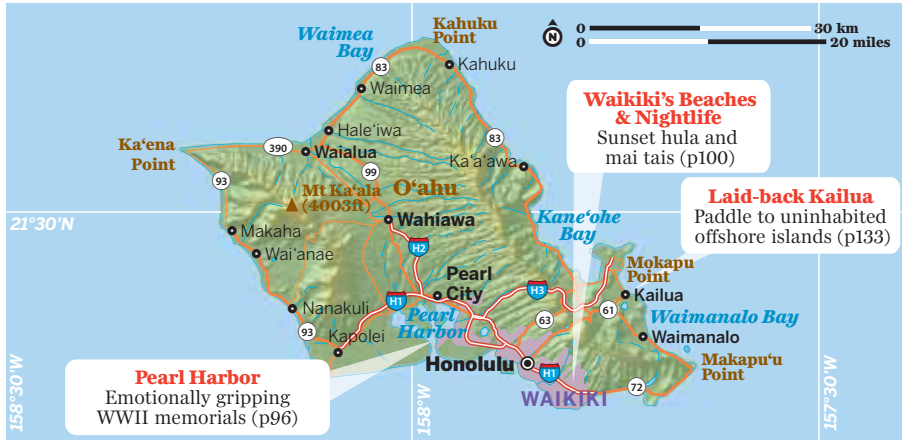
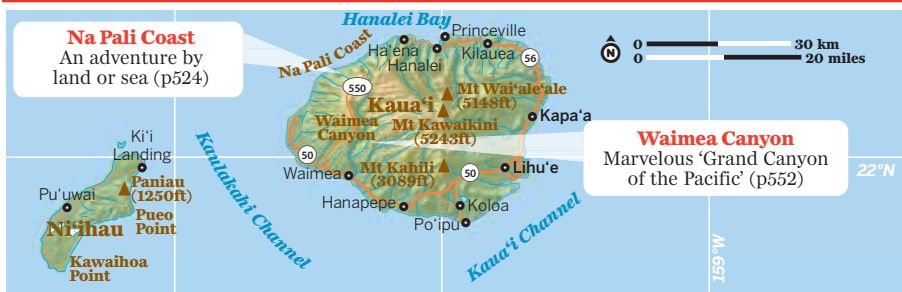
25°N

20°N

Tropic of Cancer



Top Experiences >



itineraries

Whether you've got six days or 60, these itineraries provide a starting point for the trip of a lifetime. Want more inspiration? Head online to lonelyplanet.com/thorntree to chat with other travelers.



One Week O'ahu

Immerse yourself in the skyscrapers and kaleidoscopic streets of **Honolulu** and **Waikiki**'s oceanfront resorts for four days. Between sessions at Waikiki's beaches, eat your heart out in the capital, tour **Chinatown**, visit the **Bishop Museum** and **'Iolani Palace**, explore WWII history at **Pearl Harbor**, enjoy live Hawaiian music and hula at sunset, hike up **Diamond Head** and tour Doris Duke's incomparable **Shangri La**.

Now relax. Heading east: spend a day snorkeling at **Hanauma Bay**. Then swim off the white-sand beaches of **Waimanalo** and surf, kayak or windsurf at **Kailua Bay**. Wind your way along the rural **Windward Coast**, saving a day or two to savor the **North Shore** and the famous beaches around **Waimea**. In winter, watch big-wave surfers carve; in summer, snorkel with sea turtles.

If the clock's run out, drive along the scenic Kamehameha Hwy through **central O'ahu** and hit the airport; otherwise, veer west on H1 and explore the **Wai'anae Coast**. Hike to **Ka'ena Point**, watch (or join) the surfers at **Makaha Beach** and get in touch with Hawaii's sacred side at Makaha Valley's **Kane'aki Heiau**.



Two Weeks

Hawai'i the Big Island

The Big Island can fill two weeks and then some. Base yourself in **Kailua-Kona** for the first four days or so, combining trips to the beach – specifically, **Manini'owali Beach**, **Kahalu'u Beach**, **Hapuna Beach** and **Kauna'oa Bay** – with the art galleries and Kona coffee farms of **Holualoa**, feeling the ancient mana (spiritual essence) at **Pu'uhonua o Honaunau National Historical Park**, and paddling a kayak to snorkel in **Kealakekua Bay**, where Captain Cook met his doom.

Then spend two days in the countryside of **North Kohala**: hike into sculpted **Pololu Valley**; circle around **Mo'okini Heiau**, near the royal birthplace of Kamehameha the Great; and graze good eats after shopping in quaint **Hawi**. Or just sightsee in North Kohala and save your appetite for **Waimea (Kamuela)**, a *paniolo* (Hawaiian cowboy) outpost with a posh collection of country B&Bs.

Is that a week already? Well, keep going. Take a leisurely drive along the **Hamakua Coast**, making sure to at least peek into **Waip'ō Valley**, if not to hike down to the wild beach. Wander the antique and artisan shops of quaint **Honoka'a**, an ex-sugar-plantation town. Spend two days in **Hilo**, exploring its historic downtown architecture, the farmers market and excellent museums, particularly the **'Imiloa Astronomy Center of Hawai'i** and **Pacific Tsunami Museum**.

If you have extra time, detour either up to **Mauna Kea** for an evening of stargazing or venture down into **Puna**, lingering along **Red Road** and perhaps getting nekkid at **Kehena Beach**. But leave at least two days for **Hawai'i Volcanoes National Park**: hike the otherworldly **Kilauea Iki Trail**, drive along the **Chain of Craters Road** and hopefully trek to see some hot lava. While adventuring, stay in one of the lovely rainforest cottage B&Bs in nearby **Volcano**.

We understand that some have a plane to catch, but with another day or two for **Ka'u**, you can admire sea turtles at black-sand **Punalu'u Beach**, get in a last hike to **Green Sands Beach** and wave good-bye to the island from windswept **Ka Lae**, the southernmost geographical point in the USA.



BARBARA / GETTY



ANN GIBLIN / LONELY PLANET IMAGES ©

- » (above) **Kahalua Beach Park** (p187), on the Big Island, fronts Kahalu'u Bay's easy-access snorkeling and is a favorite surf spot.
- » (left) **Saddle Rd** (p247) will take you to the Mauna Kea Access Rd and several exceptional hikes.



10 Days Maui

➤ You're on your honeymoon, right? Well, we're not waiting around for lazy bums – there are too many mind-blowing experiences on Maui. Just try to keep up, OK?

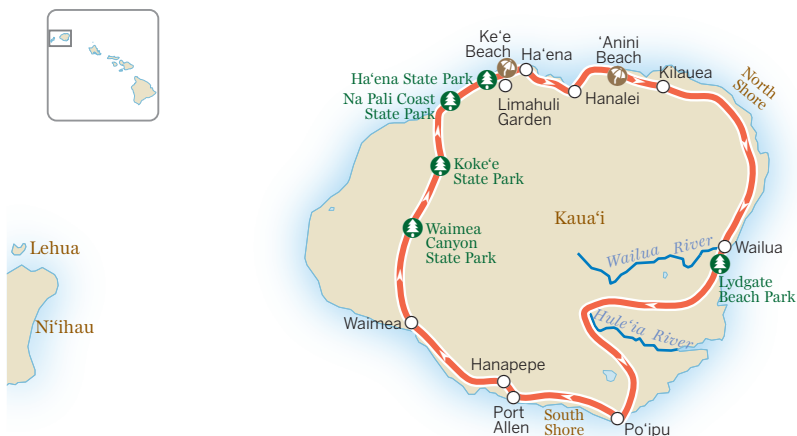
Start off in the old whaling town of **Lahaina** and explore its pirates' treasure chest of **historical sites**, perhaps celebrating 'getting Maui'd' at the superb **Old Lahaina Luau**. In winter, spot whales breaching offshore, particularly at **Papawai Point**, and take a whale-watching boat tour.

Then head north into **West Maui**. Naturally, at a time like this, money is no object, so book a lavish suite at a resort in **Ka'anapali** or even more romantic **Kapalua**, and enjoy West Maui's excellent beaches. Spend two days (three if you're really in love), but then let's go! Drive north around the peninsula, stopping to snorkel with spinner dolphins at **Slaughterhouse Beach**, then get on the scenic, narrow cliffside **Kahekili Highway**.

As you cruise into Central Maui, stop to admire the legendary jungle spire at **'Iao Valley State Park** and amble the antiques shops of **Wailuku**. Then keep going to **south Maui**: book a snorkel cruise to **Molokini Crater**, check out more whales at **Kihei**, and snorkel around **Makena** or perhaps sunbathe au naturel at **Little Beach**. Rejuvenate at a spa resort in **Wailea**, or just take an unbeatable sunset oceanfront stroll.

Oh my, look at the time – only a few days left? Make sure you get to **Haleakalā National Park** before you go. Spend a day hiking around this awesome volcano and catching sunrise from the summit. Then drive the cliff-hugging **Road to Hana**, stopping frequently to gape in wonder at the windward coastal scenery and to follow muddy paths to waterfall swimming holes. Kick back on a black-sand beach at **Wai'anapanapa State Park** or drive further for a bamboo rain forest hike and to take a dip in the cascading waterfall pools of the Haleakalā national park's **'Oheo Gulch**.

If you don't overnight in rural **Hana**, drive back to civilization and hang loose in **Pa'ia**, enjoying *'ono grinds* (delicious food) downtown and admiring the daredevil windsurfers at **Ho'okipa Beach Park**. Or follow the remote **Pi'ilani Highway** around Haleakalā's back side, ending your trip among the cowboy ranches of Maui's **Upcountry**.



10 Days Kaua'i

Kaua'i is Hollywood's ready-made set whenever it needs a 'tropical paradise.' These soul-inspiring canyons, cliffs, waterfalls, rivers, bays and beaches are more than just pretty backdrops, however.

If you've chosen Kaua'i, you're looking for heart-stopping adventure, but let's start off nice and easy in **Po'ipu**. Nap off your jet lag for a day or two on the sunny beaches of the **South Shore**. Head to **Port Allen** for a **Na Pali Coast snorkeling tour**; scuba divers can take this chance to tour the waters around offshore **Ni'ihau**.

Now, lace up your hiking boots and spend the next couple days in **Waimea Canyon State Park** and **Koke'e State Park**: trek the bogs of the **Alaka'i Swamp**, traverse knife-edge 2000ft cliffs on the **Awa'awapuhi Trail** and wear yourself out on the **Kukui Trail**, which descends into the 'Grand Canyon of the Pacific.' If you aren't camping, then stay in the old sugar-plantation town of **Waimea** and eat and shop in revitalized **Hanapepe** – if it's Friday night, join the festive art-gallery walk.

Well rested, head east: hit **Wailua** and kayak the **Wailua River** or the less crowded **Hule'ia River** inside a national wildlife refuge. Get a glimpse of misty Mt Wai'ale'ale while hiking the rolling **Kuilau Ridge and Moalepe Trails**. If you have kids, don't miss **Lydgate Beach Park**. The Eastside's most charming small town, **Kapa'a** is worth a wander for its artisan shops and organic, locavarian restaurants and cafes. Bed down at a B&B cottage here or further north in peaceful **Kilauea**.

Giddy-up to the **North Shore**, which deserves a few days. Get in some swimming, snorkeling and windsurfing at **'Anini Beach**, and check out the beach-bum town of **Hanalei** after surfing, outrigger canoeing or kayaking around **Hanalei Bay**. Scenic drives hardly get more scenic than driving to the end of the North Shore's road in **Ha'ena State Park**; mix in snorkeling at **Ke'e Beach** with a visit to beautiful **Limahuli Garden**.

OK, ready? **Na Pali Coast State Park** is what's left: in summer, kayak the 17 miles along the coast; otherwise, backpack the **Kalalau Trail**. Either way, you've saved the best for last. Now you'll have an epic Hawaii story to impress your buddies back home.



Two Weeks

Island Hopping: Maui, Lana'i & Moloka'i

➤ You've got time, you've got money and you want culture, outdoor adventure and peaceful relaxation in equal measure. Combine Maui, Moloka'i and Lana'i – half the time, you won't even need to drive. This trip is for lovers, culture vultures and anyone happy to spend a little more for plush lodgings and gourmet eats. But you've also got to be willing to rough it once in a while, when the rewards – hidden waterfalls, epic sea cliffs – make it worthwhile.

First, spend five or six days on **Maui**. Make it easy on yourself: get a resort hotel room or a condo for the duration of your stay at **Ka'anapali** or **Kapalua**. Immerse yourself in Lahaina's whaling history and browse Ka'anapali's **Whalers Village Museum**, enjoy some old-school aloha at the **Old Lahaina Luau**, take a whale-watching cruise, and for a thrill, try ziplining. As for beach time, some of Hawaii's most seductive strands await nearby, like **Kapalua Beach** or **Honolua Bay**. Take one full day to hike **Haleakalā National Park's** summit moonscapes and another to lazily drive down the **Road to Hana**, stopping off for waterfall hikes and to buy fresh coconuts.

Next, hop over to **Lana'i** and take your pick of world-class resorts located in Lana'i City and at Manele Bay, staying three or four nights. Things have been a little hectic so far, so play a round of golf, snorkel at **Hulopo'e Beach** or take in the vistas from the **Munro Trail**. To really get away from it all, rent a 4WD and head for the **Garden of the Gods** and **Shipwreck Beach**.

Finally, spend four or five days on **Moloka'i**. Stay in a condo or B&B in or nearby small-town **Kaunakakai**. Day one: explore **East Moloka'i**, checking out **Halawa Valley** and perhaps a waterfall or two. Day two: trek to the **Kalaupapa Peninsula** and munch macadamia nuts at Purdy's farm. Day three: head out to the remote beaches of the island's **West End** or penetrate the dense forests of the **Kamakou Preserve**.

See the individual island chapters later in this guide for details on island hopping by air and/or boat.



One Month

Island Hopping: O'ahu, the Big Island & Kaua'i

If you want to live in the scenery (not just admire it), consider combining O'ahu, the Big Island and Kaua'i, all of which together offer the hiking and backcountry adventures of a lifetime plus plenty of traditional and contemporary Hawaiian culture, not to mention tasty treats for your tummy.

Start on the capital island of **O'ahu**, basing yourself in **Waikiki** or **Kailua** for a week. Among the major cultural sights around **Honolulu**, don't miss the **Bishop Museum**, **Tolani Palace**, the **Honolulu Academy of Arts** and **Pearl Harbor**. Along with time spent on Waikiki's beaches, snorkel at **Hanauma Bay** and hike to **Manoa Falls** after visiting the **Lyon Arboretum**. End each day exploring Honolulu's cuisine scene and enjoying heavenly Hawaiian music and hula with sunset cocktails by the ocean. Drive up the **Windward Coast** to the **North Shore** for surfing, stand up paddle boarding and windy walks out to **Ka'ena Point**.

Mosey over to **Hawai'i the Big Island** and book a B&B in **South Kona** for a few nights. For ocean adventures, hike to secluded **Makalawena Beach**, kayak and snorkel at **Kealakekua Bay** and snorkel or dive at night with manta rays around **Kailua-Kona**. In **Ka'u**, go caving at **Kula Kai Caverns**, hike to **Green Sands Beach** and follow the rugged **Road to the Sea**. Next, **Hawai'i Volcanoes National Park** offers spectacular hiking and, if you're lucky, a chance to watch live lava flow into the sea. Afterward, bed down in a rainforest cottage in **Volcano**. Spend a night or two in **Hilo**, taking time to day-hike on **Mauna Kea** or to drive partway up the mountain for stargazing after dark. Last, explore **Waipi'o Valley**; if you've got the time, consider backpacking to **Waimanu Valley**.

With another week or more, head to **Kaua'i**. Spend a couple of nights camping and hiking at **Koke'e State Park** and **Waimea Canyon State Park**, then boogie up to the **North Shore**, mixing some camping at **'Anini Beach** or **Ha'ena Beach** with lodgings in **Hanalei**. Swim, snorkel and surf, but don't leave without tackling the Na Pali Coast's amazing **Kalalau Trail**.



Ned Friary & Glenda Bendure

Maui, Kaho'olawe Ned and Glenda first laid eyes on Hawaii in the 1980s after a teaching stint in Japan, and were so taken by the islands' raw natural beauty that their intended two-week stopover turned into a four-month stay. Since then, they've returned to Hawaii dozens of times, exploring each island from top to bottom. They wrote the first five editions of Lonely Planet's *Hawaii* and have been coauthors of each edition since. They have a fondness for islands and have written Lonely Planet guides to destinations as far flung as Micronesia, Bermuda and the Eastern Caribbean. They are coauthors of Lonely Planet's *Maui, USA* and *New England* guidebooks. They live on Cape Cod when they're not on the road.



Conner Gorry

Hawai'i the Big Island An island girl at heart, Conner knows some of the best: Manhattan, Moloka'i, Cuba, Kaua'i. But oh, Hawai'i. Since the moment she smelled Hilo and beheld the Pu'u 'O'o Vent, writing the first Lonely Planet guide to the Big Island, she's felt just like Twain, longing for 'the privilege of living forever away up on one of those mountains in the Sandwich Islands overlooking the sea...' She happily consumed four cans of Spam during the research of this book

and ticked three experiences (phenomenal, the lot) off her bucket list: snorkeling with manta rays at night, beholding the lava sea entry from a boat and hiking the Muliwai Trail.



Ryan Ver Berkmoes

Lana'i, Moloka'i Ryan Ver Berkmoes first visited Moloka'i in 1987 and remembers being intoxicated by the lush, rural scenery on the drive east (or maybe it was the fumes from the heaps of mangos fermenting along the side of the road). He's been back often, usually renting a beachside house where, between novels, he looks without envy at the busy lights of Maui across the channel. For this edition of *Hawaii* Ryan brings his journalistic skills to Lana'i and Moloka'i, two places

that had previously only tested his holiday skills. He's looking to beat his record of over one hour on of these island's beaches without seeing another person.



Luci Yamamoto

Hawai'i the Big Island Luci Yamamoto is a fourth-generation native of Hawai'i. Growing up in Hilo, she viewed the cross-island drive from Hilo to Kailua-Kona as a rare, all-day adventure. Then she left for college in Los Angeles and law school in Berkeley – and even the 'Big' Island seemed small indeed. Since becoming a Lonely Planet author and covering Hawai'i and Kaua'i, she's opened her eyes to the true greatness of her home island. Currently living in Vancouver, she feels

privileged when *kama'aina* still consider her a 'local girl.'

Contributing Author

Michael Shapiro Michael Shapiro fled the cold reaches of New York in 1998 and has lived happily in the Hawaiian Islands ever since. As the editor of *Hana Hou! the magazine of Hawaiian Airlines*, he's had the good fortune to travel extensively throughout Hawaii and write about its nature and culture. Michael wrote the Hawaii Today, History and Hawaii's People chapters.



OUR STORY

A beat-up old car, a few dollars in the pocket and a sense of adventure. In 1972 that's all Tony and Maureen Wheeler needed for the trip of a lifetime – across Europe and Asia overland to Australia. It took several months, and at the end – broke but inspired – they sat at their kitchen table writing and stapling together their first travel guide, *Across Asia on the Cheap*. Within a week they'd sold 1500 copies. Lonely Planet was born.

Today, Lonely Planet has offices in Melbourne, London and Oakland, with more than 600 staff and writers. We share Tony's belief that 'a great guidebook should do three things: inform, educate and amuse'.

OUR WRITERS



Sara Benson

Coordinating Author, O'ahu, Papahānaumokuākea Marine National Monument, Hawaiian Arts & Crafts, Lei, Land & Sea, Green Hawaii

After graduating from college in Chicago, Sara jumped on a plane to California with just one suitcase and \$100 in her pocket. She then hopped across the Pacific to Japan, eventually splitting the difference with stints living on Maui, the Big Island of Hawai'i and O'ahu, as well as trekking all over Kaua'i, Moloka'i and Lana'i. Sara is an avid hiker, backpacker and outdoor enthusiast who has worked as a seasonal ranger for the National Park Service and as a volunteer at Hawai'i Volcanoes National Park. Already the author of over 40 travel and nonfiction books, Sara also contributed to Lonely Planet's *Honolulu, Waikiki & O'ahu* and *Hiking in Hawaii* guides. Follow more of her adventures online at www.toptrailsmaui.blogspot.com, www.indietraveler.net and @indie_traveler on Twitter.

Read more about Sara at:
lonelyplanet.com/members/sara_benson



Amy C Balfour

Maui, Hawaii's Cuisine

Amy first visited Hawaii as a toddler. According to family lore she was so happy to arrive, she 'sprinkled' all over the customs agent. For this book she zipped down the West Maui mountains, clutched the wheel on the Kahekili Highway, sunset-cruised off Ka'anapali, snorkeled beside a green turtle, hiked a jungle mountain trail and enjoyed her most decadent Thanksgiving dinner ever – a no-worries feast at the Ka'anapali Beach Hotel. Amy has authored or coauthored nine books for Lonely Planet, including *Los Angeles Encounter, California, The Caribbean Islands* and *Arizona*. A field correspondent for *Backpacker*, she has also written for *Every Day with Rachael Ray, Lonely Planet Magazine, the Los Angeles Times, Redbook, Southern Living* and *Women's Health*.

Read more about Amy at:
lonelyplanet.com/members/amycbalfour



E Clark Carroll

Kaua'i, Ni'ihau

Led by nurtured whimsicality and living one day at a time, Clark has found himself in a life beyond anything the most fecund imagination could have created, living on the North Shore of Kaua'i. Originating in New York, his lesson-filled path has led west, back east, down south to study and commence his writing career, down under to study more and explore, to the far east to chase waves, and for now he's content to be somewhere in the middle...of the Pacific Ocean. Getting to be servant to the reader and reflect all that he has come to understand and love about Kaua'i was, in a word, dreamy.

OVER MORE
PAGE WRITERS

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